



Search Institute has identified the following building blocks of healthy development that help young people grow up healthy, caring and resilient.

**EXTERNAL ASSETS**

**INTERNAL ASSETS**

**SUPPORT**

1. **Family Support:** Family life provides high levels of love and support
2. **Positive Family Communication:** Young person and his/her parent(s) communicate positively, and young person is willing to seek advice from parents.
3. **Other Adult Relationships:** Young person receives support from three or more nonparent adults.
4. **Caring Neighborhood:** Young person experiences caring neighbors.
5. **Caring School Climate:** School provides a caring, encouraging environment
6. **Parent Involvement In Schooling:** Guardian(s) are actively involved in helping young person succeed in school.

**EMPOWERMENT**

7. **Community Values Youth:** Young person perceives that adults in the community value youth.
8. **Youth As Resources:** Young people are given useful roles in the community.
9. **Service To Others:** Young person serves in the community one hour or more per week.
10. **Safety:** Young person feels safe at home, school, and in the neighborhood.

**BOUNDARIES ANDEXPECTATIONS:**

11. **Family Boundaries:** Family has clear rules and consequences and monitors the young person's whereabouts.
12. **School Boundaries:** School provides clear rules and consequences.
13. **Neighborhood Boundaries:** Neighbors take responsibility for monitoring young people's behavior.
14. **Adult Role Models:** Parent(s) and other adults model positive, responsible behavior.
15. **Positive Peer Influence:** Young person's best friends model responsible behavior.
16. **High Expectations:** Both parent(s) and teachers encourage the young person to do well and to learn from mistakes.

**CONSTRUCTIVE USE OF TIME:**

17. **Creative Activities:** Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.
18. **Youth Programs:** Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.
19. **Faith Community:** Young person spends one or more hours per week in activities in a faith-based institution.
20. **Time At Home:** Young person is out with friends 'with nothing special to do' two or fewer nights per week.

**COMMITMENT TO LEARNING**

21. **Achievement Motivation:** Young person is motivated to do well in school.
22. **School Engagement:** Young person is actively engaged in learning.
23. **Homework:** Young person reports doing at least one hour of homework every school day.
24. **Bonding To School:** Young person cares about their school.
25. **Reading For Pleasure:** Young person reads for pleasure three or more hours per week.

**POSITIVE VALUES**

26. **Caring:** Young person places high value on helping other people.
27. **Equality And Social Justice:** Young person places high value on promoting equality and reducing hunger & poverty.
28. **Integrity:** Young person acts on convictions and stands up for their beliefs.
29. **Honesty:** Young person 'tells the truth even when it is not easy'.
30. **Responsibility:** Young person accepts and takes personal responsibility.
31. **Restraint:** Young person believes it is important not to be sexually active or to use alcohol or other drugs.

**SOCIAL COMPETENCE:**

32. **Planning And Decision Making:** Young person knows to plan ahead and make choices.
33. **Interpersonal Competence:** Young person has empathy, sensitivity, and friendship skills.
34. **Cultural Competence:** Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
35. **Resistance Skills:** Young person can resist negative peer pressure and dangerous situations.
36. **Peaceful Conflict Resolution:** Young person seeks to resolve conflict nonviolently.

**POSITIVE IDENTITY:**

37. **Personal Power:** Young person feels he or she has control over 'things that happen to me'.
38. **Self-Esteem:** Young person reports having a high self-esteem.
39. **Sense Of Purpose:** Young person reports that 'my life has a purpose.'
40. **Positive View Of Personal Future:** Young person is optimistic about their future.



**CRISIS CONNECTION**  
Ending Domestic Violence & Sexual Assault

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